

## Heidi's Gymnastics Guidelines

Welcome to Heidi's Gymnastics! We are so glad you have chosen to be a part of Heidi's Gymnastics Family! Below are guidelines to avoid confusion.

### Guidelines:

1. Tuition is due the 1<sup>st</sup> of each month.
  - There will be a \$20.00 late fee if tuition is paid three days late.
  - The late fee increases to \$25 if paid one week late.
  - If tuition and/or late fees are two weeks late we reserve the right to suspend your child, and your space may be given to another student. Tuition and/or late fees will still be due for classes in which your child has already participated.
2. You may pay tuition by the quarter (rather than monthly) and receive a \$10.00 discount.
3. Tuition is non-refundable.
4. If you stop classes for a month or more your space may be given to another student unless you continue payment to hold your child's spot.
5. If tuition is not received within the new tuition cycle your space may be given to another student.
6. A 30 day written cancellation notice, brought to the gym and given to either Coach Heidi or Coach Savannah is required. This is the only accepted form of cancellation. If we do not receive a written 30 day cancellation notice in person then tuition must be paid for the next cycle.
7. Tuition will not be pro-rated for vacations or missed classes. Exceptions may include medical reasons.
8. Make up classes are offered as space permits, but are not guaranteed.
  - Make up classes **must** be scheduled/approved by the director to ensure space is available. This is to ensure student safety, avoid over crowding, and to ensure each child in class gets the time and attention we feel they deserve at Heidi's Gymnastics.
  - If you have received permission for a make up class please reconfirm this the day before the scheduled make up class.
  - Make up classes, space permitting, may be scheduled during the tuition cycle in which classes are missed.
  - Make up classes, space permitting, may be scheduled in the following tuition cycle if the student is enrolled in the new session.
  - Make up classes may not be accumulated. While we understand make up classes are sometimes needed, our classes tend to stay at capacity, and we want to maintain proper class size/ratio to ensure each student gets the time and attention they deserve, as well as avoid over crowding and maintaining student safety.
9. The phone number to reach Ms. Heidi is: (865) 671-4116.  
You can also Facebook Heidi's Gymnastics ...  
<https://www.facebook.com/profile.php?id=61577747996127> It may take a little longer for me to reply to Facebook than calling me.  
Please become a friend/fan at our Facebook page.

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10. Inclement weather: Please go to Heidi's Gym's Facebook page for the latest information on class cancellations due to bad weather- snowstorms etc.

<https://www.facebook.com/profile.php?id=61577747996127>

11. Heidi's Gymnastics will be closed for the following holidays and breaks, as well as following Knox County school breaks and holidays ...

- New Year's Day
- Saturday and Sunday Easter weekend
- Mother's Day
- Father's Day
- 4<sup>th</sup> of July
- The Wednesday before Thanksgiving through the Sunday after Thanksgiving
- Spring Break – Mar. 9, 2026 – Mar. 13, 2026
- June 1, 2025 – June 8, 2025
- Fall Break – Oct. 6, 2025 – Oct. 10, 2025
- Christmas break ... Monday Dec. 22, 2025 – Sunday Dec. 28, 2025

12. Classes are not pro-rated for holidays and breaks. These are factored into the tuition cycles.

13. As a courtesy to staff and other students, and for the safety of all, if your child is sick or has been sick within the last 24 hours, please do not bring him/her to class. [Some examples: has a cold, virus, coughing, fever, vomiting within the last 24 hours, not feeling well, etc.] If your child shows signs of illness they will be asked to leave. We want to keep everyone safe and healthy.

14. To ensure safety, no gymnasts are permitted out on the floor until the coaches have come into the gym area and called students out on the floor.

15. Dress Code:

- If your hair is shoulder length or longer it needs to be secured with a rubber band.
- No baggy attire – baggy sweat pants, shorts, t-shirts, crop tops – while doing gymnastics, but rather fitted leggings, stretchy shorts and leotard.
- No dangling jewelry.

16. Gymnasts are welcome to bring water bottles, but no colored drinks, colored sports drinks, gum or food are allowed in the gym.

17. Parents must supervise non-student children (siblings and friends) while inside the gym. Only students enrolled in class are permitted out on the floor. Non-students are welcome in our waiting area. This includes students that are enrolled in another class, but not the class currently on the floor.

18. No running around, tumbling or gymnastics is permitted in the lobby area – whether a student or not.

19. Please do not allow your children to stand on the window seats or cubbies near the window.

20. If parents or siblings need to use the restroom please remove shoes before walking on the gym floor.